

### ABSTRACT OF THE DISCLOSURE

A method of tightening and loosening an object to a rotary base torsion-free includes providing a single power tool having a tool housing portion and a driving portion which are coaxial with one another and provide equal but opposite forces, connecting a bolt with the rotary base, connecting a first part which include a sleeve/washer assembly to one of the portions to be turned by the one portion, which sleeve-washer assembly includes a sleeve with a thread cooperating with a thread of the bolt and a washer abutting against the object, connecting a second part to the other of the portions to be turned by the other portion, which second part includes a nut having a thread cooperating with another thread of the first part, turning the first part by the one portion so that the first part, the bolt and the rotary base turn together while the second part remains free of rotation to urge the bolt to move in a desired axial direction to tighten or loosen the object to the rotary base, and turning the second part by the other portion so that the rotary base, the bolt and the first part remains free of rotation to urge the bolt in the desired axial direction to tighten or loosen the object to the rotary base.